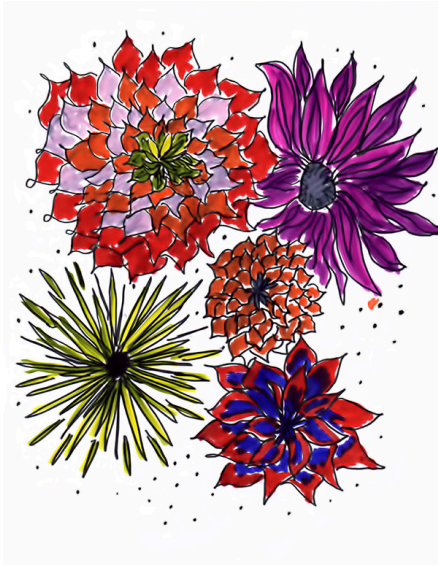


DOODLE EXTRAVAGANZA DAY #1 ! FLOWER



We are moving from free form to flower & flora doodles this second week!

Why doodle? For relaxation, fun, and to open the mind to creativity. And it can be done in just 15 minutes, if you like!

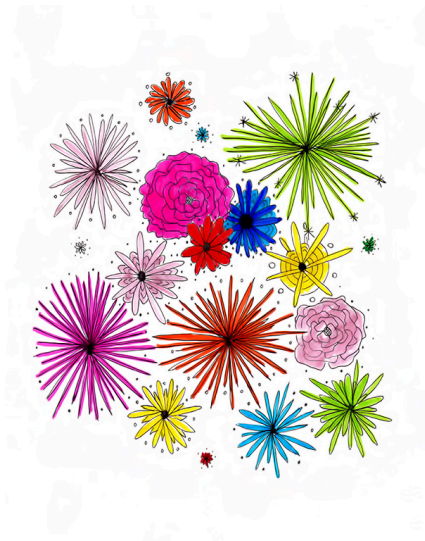
For a creative spark and inspiration to start, you can use actual flowers. Or photos or your imagination! Grab a piece of paper or sketchbook and pen along with crayons, pencils or markers if you want to color your doodle. If it strikes your fancy, share your doodles in the comments below.

My big, big thanks to my brother-in-law, Cary DeNigris, who created the wonderful, whimsical music in the video!

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA DAY #8 ! FLOWER

EXPLOSION!



"Every flower is a soul blossoming in nature."--Gerard De Nerval

Before you start doodling, take a deep breath and notice how you feel. Close your eyes if you like. Imagine a flower in your chest blossoming slowly, sending love & glittery light throughout your body ... until you feel it in the tips of your toes and the end of

your nose. Take a few more breaths.

As you doodle, think about blossoming & what that means to you....

When you are done...note how you feel. Write any words or thoughts that popped up in your journal or even on your doodle, if you like.

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA DAY #9! NATURE



"Look deep into nature, and then you will understand everything better." –Albert Einstein

Mmmhmmmm...

Spend some time in nature doodling. Patterns. Broad strokes. Repeating shapes. Then, try coloring in your doodle with one color & see how that feels...

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA #10 ! DAHLIAS



"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."--Martin Luther King Jr.

Inspiration to live a love filled life in your own way.
May your doodle be inspired by all that you love.
And spark ideas and creative acts of love.

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA #11 ! MULTI-COLORED FLOWERS



"Earth laughs in flowers." Ralph Waldo Emerson

This is one of my favorite quotes. I just imagine the earth laughing from her belly and gorgeous flowers pop up all over. Makes me want to tickle her, so she'll laugh some more.

What's one of your favorite quotes? Use it as a prompt for your doodle today!

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA DAY #12 ! ROSES



"The rose and the thorn, and sorrow and gladness are linked together" .-Saadi

Doodle & see what comes up. I felt frustrated with myself yesterday & struggled with my doodling. I should say, I liked the doodling part. I just didn't like result. I added the thorns & started thinking about the juxtaposition between the two ... my happiness with the doodling and irritation with the result; both feelings there at the same time: hooray & blerggggghhhh!

What's your hooray & blerggggghh?

Happy & Blerggggh Doodling to you, beauties. And being your you'est you!

DOODLE EXTRAVAGANZA DAY #13 ! TULIPS



Tip toe through the tulips!
Tip toe through your doodle!

Put on some music that you love. Try using some bright colors and see how that makes you feel. Send loving thoughts to yourself as you doodle. If that inner critic appears, send him/her/it outside to garden (even if it's snowing)...and get into your own rhythm, going with the flow of the music...

HAPPY DOODLING! AND BEING YOUR
YOU'EST YOU!